

STAR Therapeutic Community

Sister's Together Achieving Recovery

- **Purpose/Goal**

To eliminate substance abuse, criminal behavior and addictive habits.
Developing personal change by learning new ways of right living.

- **Structure**

Managed by peers who are dedicated to right living, accountability, and responsibility.

- **Star Program (Overview)**

Opened in August, 2000

Funded by a Federal Grant 70% (Byrne/Jag) 30% State match

Minimum of 9 months – 46 bed capacity

Orientation - 30 days

Primary treatment - 6 months

Preparation for return to society - 60 days

- **Star Program (Content)**

CCSA (criminal conduct and substance abuse)- Cognitive Behavioral Therapy to address criminal thinking and primary substance abuse issues.

Victim Impact (with victim panel)- Group designed to address the ripple effect of crime and focuses on victims and on restorative justice.

Helping Women Recover- Gender specific programming to address relationships, sexuality, spirituality, and self.

Trauma and Abuse- Gender specific programming to address trauma issues and abuse experienced by the offender.

The mission of the Iowa Department of Corrections is to:
Protect the Public, the Employees, and the Offenders

Mind Over Mood- Teaches offender to make changes in their mood by changing their thinking.

F.I.T. (Families in Transition)- Parenting class to address re-entry issues. Also allows staff to observe offenders interacting with their children and to offer feedback.

Individualized Treatment Plan (one on one with counselor)- Identifies the offender's individual need areas for personalized treatment.

Power Plays- Allows offender to role-play high risk situations relating to alcohol/drug use and criminal conduct. Teaches pro-social techniques to manage them.

Women's Issues- Planned Parenthood of Iowa provides training and education on sexuality, anatomy, STD's, and high-risk behaviors.

- **Statistics** (8/1/00 - 12/31/05)
 - 212 successful completions
 - 48 unsuccessful (terminated from program)
 - 184 released from ICIW
 - 41 waiting for release
 - 29 returned to prison
 - 15.76% return to prison rate
 - 20 months average time out for those who returned

- \$190,185 requested to replace expired grant funding